

### **Capitol Pops Concert Band Marks 16th Anniversary with a Free Concert**

**PLUS:** Eliminating the Deficit, Progressive Style

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Serving Carmichael and Sacramento County since 1981

April 3, 2013

Vietnam Veterans of America Plan Car Show for Carmichael



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Easter Egg Hunt a Big Hit for Kids and Adults



# Cooking Ninja Style



#### Bonnie Antonini's on-line cooking show assists those who desire a vegetarian lifestyle but may find letting go of meat somewhat of a challenge. Photo by Julie Parker.

### Bev's Angel Project Needs A New Home

CARMICHAEL, CA- (MPG) Bev's Angel Project is an allvolunteer California non-profit corporation and has been housed in Carmichael for the last five years at the Carmichael Oaks Shopping Center (although the project has been in existence for 13 years). The owners generously donated a large space to the Angel Project and have recently rented the location. They are in need of at least 7,000 square feet of donated space located in the Carmichael/Citrus Heights area. They will pay their own utilities and liability insurance. It is critical for them to have this space by August through December and into January in order to serve the 3,000 children/families they touch during the holiday season. For many children this is their only Christmas.

They work all year long sorting and organizing donations, making quilts and blankets and preparing for the holidays. In December, over 48 Starbuck's stores (as well as other businesses) collect toys for the project from a very generous community. They are also blessed to have the support of Carmichael Kiwanis and Chamber of Commerce.

Bev's Angel Project serves children/families through local schools, CPS, churches, hospitals, sheriff's and fire department, Mustard Seed, Alta Regional and more. With the dedication of volunteers and the generosity and support of the community, they have been able to continue their efforts each holiday season. As stated, they are in serious need of a new home and are reaching out to anyone who may have a space they are willing to donate and make a commitment to the project. Please contact Jan at (916) 402-7202 or Judee at (916) 798-6311, or email to: toprcdrvr1@ comcast.net if you have any information or can help.

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direct link to our online edition!

PRESORTED STD. US POSTAGE **PAID** PERMIT 350 Carmichael, CA Change Service Requested By Julie Parker

CARMICHAEL, CA – (MPG) Carmichael resident Bonnie Antonini is the star, director, film crew, and editor of her online cooking show, "Vegetarian Cooking for Carnivores." "I do a million takes, moving the camera many times."

The show assists those who desire a vegetarian lifestyle – be it for humanitarian or health reasons – but may find letting go of meat somewhat of a challenge.

"When I grew up in Los Angeles," recalls Antonini, "we had meat three times a day. My dad's Armenian, and my mother is Irish. So, we had bacon in the morning, turkey or bologna at lunch, roast or hamburgers for dinner. It was meat constantly. I decided, for humanitarian reasons, to not participate in it any longer."

She fell off the wagon a few times. "I first tried it in my teens. All I knew was salads, and rice and beans, which gets old really fast. Then, I'd revert back, and try again. Once I found imitation products, it was so much easier."

She cooked vegetarian for her two sons in their early years, including - from scratch - yogurt, bread, and pasta. "My kids never had store-bought bread or cookies. Once-a-year, we'd go to Apple Hill and buy 400 pounds of organic apples. I'd make juice or applesauce and freeze it."

Antonini acted in theater when she was younger, and took a leave of absence to focus on being a mother and wife. As the boys grew older, she returned to the acting world. "I was doing local stage, then commercials, TV, and voice overs. You have to be diversified to make a living."

She's also a substitute host on Access Sacramento's "Live Wire" show when Ray Tatar is unavailable. "I thought, 'What if I host a cooking show?' I like Rachel Ray's personality. I feel I'm like her – every mom. I'm the kind of person people can relate to.

"What I've done is found substitute meat products that are good, and talk you off the edge when you want a pepperoni pizza, and nothing else will do."

The cooking show is for midlevel cooks. "I help those who are new to cooking and may feel a little overwhelmed, but I don't want to bore people who already know how to boil an egg. Nothing I make is that hard. I tell people, 'Just watch me. Don't write anything down.' I have the recipes at the end."

She encourages exploring different brands of meat products. "It's all a matter of taste. The first fake hot dog I had was horrible. I couldn't eat more than one bite. A friend of mine said, 'Here, try these linkettes; they're fabulous.' And, they were. So, don't give up. Taste is subjective.

"Meat in a lot of recipes is

more to act as a base. With chicken parmesan, you're tasting the tomato sauce and parmesan cheese. I found a good chicken product, which took a while. I made orange chicken with it. It's a question of finding the right product to satisfy the urge."

She emphasizes that meat products should not be eaten every day. They are simply a means to assist struggling vegetarians obtain their goals on challenging days.

Not all of Antonini's shows are meat oriented. She also offers yogurt and scone shows.

Joanne Fluke's mystery books have re-fueled her interest in desserts. "She has recipes for cookies in each book! My husband shares with his co-workers so we don't eat it all."

You can view Antonini's online show at VegetarianCooking ForCarnivores.wordpress.com



**Employers Accelerate Local Hiring Demand** 

#### Pacific Staffing Special Report

SACRAMENTO COUNTY, CA-(MPG) If 2008 was slamming on the 'economic' brakes in Sacramento, 2009 was screeching to a halt. 2010 a virtual dead stop for hiring while 2011 offered a chance to restart the 'market engines'. As the national recovery gains speed 2012 has finally put the local job market back into gear. Pacific Staffing has discovered that Sacramento's top employers are putting 'pedal to the metal' as they hit the 'gas' in hiring in the second quarter of 2013.

Seventy-five percent (75%) of

top regional employers polled are hiring, with fifty percent (50%) attributing the employee demand to growth of their workforce. Another fifty percent (50%) will hire for replacements as their motivation for seeking workers in April, May and June. It was this time last year that hiring for growth surpassed hiring demand for the first time since 2008.

This growing market opportunity is also causing Sacramento area employers to suggest retention of workers is becoming a concern in the next quarter. While keeping workers was a worry, a greater number of employers cited compliance with new State and Federal law, and management of new healthcare rules as their major challenges.

Seasonal demand was also cited by sixteen percent (16%) of companies in the next three months. More hiring has become seasonal in nature as reduction and reorganizations caused by the recession created awareness among Sacramento employers of actual needs. Twenty-five percent (25%) of regional employers polled directly by phone between February 24 and March 13 say they are not hiring.

Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand was also noted in the Second Quarter for customer service/ sales, general office/clerical, manufacturing/warehouse and accounting/finance skills. Another niche demand hard to fill according to top employers is drivers, both local and over the road while Construction companies seek general office/clerical workers.

#### The Longer View in 2013

When asked if employers changed their hiring plans for 2013 because of new tax laws ninety-four percent (94%) said No, while those remaining didn't know or couldn't answer. When asked the follow-up question, "Will you hire, more, less or take a wait & see attitude in 2013?" thirty-five percent (35%) say they will hire more with another forty-nine percent (49%) choosing wait & see. Only ten percent (10%) of employers say they will hire fewer in 2013.

Sacramento Regional top companies polled by industry: 45% are Service, 32% are Manufacturers, 17% are Construction and 6% are Retail

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to www.pacificstaffing.com.

### **Capitol Pops Concert Band Marks 16th Anniversary with a Free Concert**



Maestro Jerry Lopes leads the Capitol Pops ensemble. Photo by Susan Maxwell Skinner.

SACRAMENTO REGION, CA - (MPG) The Capitol Pops Concert Band will celebrate its16th season with a free, open to the public concert at 7:30 p.m. Saturday, April 13, 2013, in the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Jerry Lopes, CPCB's Anniversary Concert performance will include some of the band's traditional American favorites that have entertained Northern California audiences for 16 years. Voice and instrumental soloists will be part of the show, which will run about two hours, with a 20-minute intermission.

Longtime band supporter Eisley Nursery in Auburn will

provide a special rosebush for the band's student scholarship raffle, and decorative spring plants will be sold after the concert concludes. All plant-sale proceeds support the CPCB's general fund.

The concert is co-sponsored by the City of Citrus Heights and the Sunrise Recreation & Park District.

Started in 1997, the Capitol Pops Concert Band performs a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. It plays at more than a dozen Sacramento-region venues annually. The band's musical repertoire includes music from

Broadway shows, movies, marches, patriotic, vocal and instrumental solos, and popular music from several eras.

Most concerts are free and open to the public. The self-supporting, nonprofit CPCB is made up of about 75 volunteer musicians, ranging from college-age students to nonagenarians. Musicians and vocalists represent a wide cross-section of the Sacramento area, with educators, business people, industry professionals and retirees in the fold. CPCB's scholarship fund supports the education of student musicians.

More information can be found at www.capitolpops.org or on Facebook.

### **Motorcycle Fatality in Carmichael**

Traffic Collision Involving Motorcylist Takes the Life of a Father and Seriously Injures His Son in Carmichael

#### Special CHP Report

CARMICHAEL, CA-(MPG) On March 26, 2013, at approximately 7:38 p.m., Elmira Atarbekyan, a 51 year old female from Sacramento was driving a green 2000 Toyota Sienna and was pulling out from a private driveway located on the west side of Fair Oaks Boulevard just south of Marconi Avenue.

A 52 year old male from Carmichael was riding a green

2000 Harley Davidson motorcycle in the #1 lane of southbound Fair Oaks Boulevard just south of Marconi Avenue. As Atarbekyan exited the driveway, she was intending to make a left turn onto northbound Fair Oaks Boulevard, and began to cross the southbound lanes directly in the path of the motorcyclist. The motorcyclist struck the left front of the Toyota causing himself and his 16 year old son to be ejected from the motorcycle

and thrown onto the roadway. The rider was pronounced dead at the scene. His minor son was transported to Mercy San Juan Medical Hospital with major injuries. Both the rider and his son were wearing helmets at the time of the collision. Atarbekyan sustained minor scrapes and did not seek medical aid.

Alcohol and/or drugs do not appear to be a contributing factor in this collision. This collision is still under investigation.



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## Vietnam Veterans of America to Hold Car Show in Carmichael



**Union Gospel Mission Sacramento** For more than 50 years, Union Gospel Mission

Bill Holt, 1950 Chevrolet; Rick Bergman, 1929 Ford Model A Roadster. Photo credit Lynne Tolman

#### By Lynne Tolman

CARMICHAEL, CA -(MPG) The Vietnam Veterans of America Chapter 500 will be hosting a car show on April 13th at the Carmichael Elk's Lodge.

Event organizer Bill Holt says this first—and hopefully annual event--is a new idea, conceived primarily as a fund raiser for the Vietnam Veterans of America. Bill is also the member of a local Chevrolet Club and has participated in a number of car shows before, so he has experience that should ensure that the show is a success.

am on the day of the event and the show itself will commence at 10:00. Entrance fee is \$20.00 per vehicle and the show is open to all cars of a pre-1972 vintage. Goody bags will also be included until they run out.

There is no admission charge for passengers or visitors and the public is heartily invited to attend. As an additional fund raiser, volunteers from Chapter 500 will also be hosting a barbeque with refreshments available for purchase since the show goes through the lunch hour.

Bill notes that the show Registration begins at 9:00 will wrap up at a reasonable

hour-most likely between 1:30 and 2:00 pm-at which time the awards will be handed out. "There will be three trophies, all selected by People's Choice: Men's, Ladies' and all around Best in Show." There will also possibly be music, but Bill says that they are still working on that one

This event will be a fun opportunity to come and see an assortment of classic cars, enjoy a hot dog or hamburger and learn more about the Vietnam Veterans of America organization, an entity devoted to helping meet the needs of Veterans of ALL wars and their families.



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### Local Young Lady Competes for the Miss Jr. Teen Sacramento/Stockton Title



Kara Stoller of Carmichael. Photo credit Miss Jr. Teen Sacramento/ Stockton Pageant.

CARMICHAEL, CA-(MPG) Kara Stoller of Carmichael was recently selected to participate in the 2013 Miss Jr. Teen Sacramento/Stockton pageant competition that will take place on Sunday April 7, 2013. Kara learned of her acceptance into this year's competition when the pageant announced their selections following interviewing in the local Sacramento/Stockton area. Kara submitted an application and took part in an interview session that was conducted by this year's Sacramento/Stockton Pageant Coordinator.

Kara will be competing, for her share of thousands of dollars in prizes and specialty gifts that will be distributed to contestants. Kara will be competing in Over \$30,000.00 in prizes and

the Miss Jr. Teen division, one of four divisions that will have young ladies ages of 7 and 19 competing in modeling routines, which include casual wear and formal wear. Most important, Kara will display her personality and interviewing skills while interviewing with this year's Sacramento/Stockton judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

If Kara were to win the title of Miss Jr. Teen Sacramento/ Stockton, she would represent Sacramento/Stockton and the surrounding communities at the National Competition that will take place in Orlando, Florida.

awards will be presented at the National Competition while each winner enjoys this expense paid trip of five nights and six days in Orlando, Florida.

Community businesses, organizations, and private individuals will assist Kara in participating in this year's competition by becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow Kara to become a very confident and well-prepared contestant in this year's Sacramento/ Stockton Pageant.

Her current sponsors include Nichol Peterson with Peterson Equestrian in Marysville, Brandon Corey Daniel with All The Way Fit Fitness in Roseville, Nola & Bruce Odens, Jacqulyn Mandarich with Horsin' Around Riding Lessons in Lincoln, Leslie McMasters of A Bit Used Tack Shop in Fair Oaks

Maecella Kvick of Nerium Skin Care in Carmichael, and Steve & Nikol Grubbs with Dutch Brothers Coffee in Carmichael

Any business, organization, or private individual who may be interested in becoming a sponsor to Kara may contact the Miss Jr. Teen Sacramento/Stockton pageant coordinator, at 1-877-403-6678.

Source: Miss Jr. Teen Sacramento/Stockton Pageant



Gardening is a creative *pastime* that is open to almost all of us. I especially enjoy the opportunity to make each season in my garden different. Much of this is done when I am choosing the plant palette. It's easy to go into the nursery and pick out plants that look good when you are planting designing designing. When you do that it shouldn't be a surprise when it looks good the same time each year. Because most people get active in the spring a lot of gardens are best in the spring.

You need to resist the temptation!

In the Sacramento region, we can have an interesting, unique and colorful garden all four seasons. In the spring we have Azaleas, Camellias, Dogwoods, Japanese Maples, deciduous flowering shrubs and trees, but what about the rest of the year.

I have made a list of my favorites choices to extend the color seasons beyond the Spring on my website TheGardenTutors.com. Check it out at http://thegardentutors.com/misc/seasonalcolor. html or go to TheGardenTutors.

" misc." tab and com.

"Plants for year round color." Another idea for making your garden change with the seasons is to use container gardening. If you use containers large enough to show in the landscape, you have limitless possibilities.

Annuals that are replanted twice a year give the opportunity to color your garden 12 months a year. Not much work and inexpensive, after the investment in the pot.

A mixed pot with grasses, carex, perennials combined with a few annuals that need to be replaced seasonally gives you opportunity to expose your inner artist. Most of the time this kind of planting lasts two to three years until it needs to be redone.

Plants like Citrus, landscape Roses, Camellias, Sasanquas also make great pot subjects. In some cases you can add annuals or small perennials underneath the main plant.

I have a 20 minute video that focuses on pots in the garden at our website at TheGardenTutors.com. Check at "Misc" tab," Simply Fun video". Changing the subject to

fertilizing. Generally I fertilize anything

that hasn't reached a size that allows it to function in the landscape. Screens that don't screen yet. Trees that are just twigs. Shrubs that don't hold their space in the garden.

I also fertilize plants that need to grow to do what you intend them to do: Roses that need to grow to bloom, Citrus plants that need fertilizer for sweet fruit, deciduous fruit trees that need to grow to bloom or Camellias and Azaleas that need to grow to bloom. I seldom fertilize that Indian

Hawthorn that is out-growing its spot, a Photinea that is already too big, or a trees that are big enough.

Fertilize only the plants that need it. Reduce over fertilizing. Over fertilizing contaminates the ground water and eventually the rivers.

My next article will be talking about watering.

Happy gardening, Jungle Jim

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Comments or questions sent to junglejim@TheGardenTutors.com 916.606.6029

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## Easter Festivities a Big Hit



Sarah Ghezzi and Reyna Figueroa join the Easter Bunny (Diane Foster) in banging the breakfast drum, with enthusiastic support from fellow Kiwanians Bill Fellers, John Foster, and Mike Hoover. This year's event drew a large crowd of young egg hunters who cleared the park grasses of any Easter Bunny treasures left behind.



The Carmichael Kiwanis put on a tasty pancake breakfast for all those who attended the Easter festivities at Carmichael Park. To find out more about one of the leading service organizations in our area contact Cathy Snow at (916) 804-7687 or Donna Miller at (916) 944-2137. You can also visit CarmichaelKiwanis.org. The group visits every Wednesday from 7 to 8 am at the Carmichael Elks Lodge.

### We are seeking loving homes for foster children in need. Could you be one of these families?



### ChiropracticUSA"

You know that physical exercise is essential for physical health, but are you also aware that mental exercise is the key to brain health? According to exciting new research activities that "exercise" the brain keep the mind sharp, and prevent cognitive decline such as Alzheimer's disease and other forms of dementia.

As a wellness specialist, I am concerned about all aspects of patients' well being. The mind and body work in synergy, rather than in isolation. That's why we teach patients to focus on prevention of ailments. That includes encouraging patients to engage in daily exercise for both the body and the mind.

#### The Latest Research on Brain Exercise and Dementia

According to a hot-off-thepresses study published in Neurology, the medical journal of the American Academy of Neurology, people who engage in activities that exercise the brain may delay the rapid memory decline that occurs with dementia, including Alzheimer's disease.

At the beginning of the experiment the seniors reported how often they participated in six leisure activities that engage

### Have You Done Your Brain Exercises Today?

the brain: reading, writing, doing crossword puzzles, playing board or card games, having group discussions and playing music. The researchers then looked at the point when memory loss started accelerating rapidly for the participants. They found that for every additional activity a person participated in, the onset of rapid memory loss was delayed. The point of accelerated decline was delayed by 1.29 years for the person who participated in 11 activities per week compared to the person who participated in only four activities per week.

#### The Top Brain Exercise

- Reading
- Writing
- Playing music
- Crossword puzzles
- Suduko
- Complex riddles
- Brain-teaser books
- Trivia games
- Card games
- Board games
- Group discussion

#### Super-Charge Your Brain Exercise

To get the most out of your brain exercise, incorporate it into volunteer work or social activity. Consider volunteering to read books to sick children, playing card games with residence of a local nursing home, or hosting a discussion group based on a challenge facing our community. Previous research shows that both volunteering and social activity ward off cognitive decline. A new study in the Archives of Internal Medicine reveals that these activities also prevent decline of motor function, or the ability to move around. Continuous stimulation of the brain helps improve memory. Moving the body all directions everyday brings vital energy to the nervous system.

#### TV Doesn't Count

Watching television, including "Educational" programs, does not count as brain exercise, say scientists. Experts suggest that people looking to boost their brain power choose non electronic forms of brain exercise. The world of smart phones makes our lives easier, but when it comes to brain health the reliance on these tools can reduce our memory. The task of not having to remember phone numbers reduces our daily ability to memorize.

### Today is YOUR day to get stimulated!

At Chiropractic USA, we hold monthly workshops at 'no charge' to the community. Join us for our Brain Health Workshop Tuesday 4/16/2013 at 6:00 p.m. We will teach you how to revitalize your brain potential. In addition, learn the specific foods you should be eating to increase nerve function, reduce depression, and get a handle on anxiety.

For more wellness information visit our website at chiropracticusa.com. Learn more about our community office and FAN us on Facebook! For weekly health tips go to www.applestozen.blogspot.com.

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### Tax Breaks for Everybody! You Deserve A Break This Day!

This April, come break a tax board and get a break from Robinson's Taekwondo! Robinson's Taekwondo wants to give you a break. Register to attend the event Saturday April 13th and we'll help you learn to break a board during the special 'tax board break-a-thon.'

Registration is required at http://robinsonstkd.com. Click on Events.

Instructors from Robinson's will break boards, show you how and give you a 'refund' matching the amount you spend for 30 days of training. You can keep the refund or give it to a local charity! (Offer limited to new students for a 30-day trial period.)

This offer applies to any new students for Basic Taekwondo, Cardio-Kickboxing, MMA Fitness or Active 50+ Silver Tigers.

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You'll also get a break as **Robinson's provides a refund** to double your dollar's power and investment value that you can keep or give to local charity.

This is a one-day special incentive to help you, your community and give everyone who attends the Tax Break-a-Thon a 'whack on taxes' at any of the 17 regional Robinson'sTaekwondo locations.

Call 916-332-6979 for information.



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# Carmichael



### Announcements & Events **Clothing Recycling Drive** March 13 – April 13

Drop off your used clothing, linens and towels and we'll recycle them for you!
Drop off location is 5750 Grant Avenue in Carmichael, Monday – Friday,
8:30-5pm. Saturday, April 13 clothes may be dropped off at the Band Shell from 9am-2pm. Clothes must be in plastic bags.

### Creek Week

Join the fun while making a difference in your community! Go to www.creekweek.net for more details and information on activities or call Sacramento Urban Creeks Council at (916) 482-8377. Make sure to join us on facebook!

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

# Heart Attack... Stroke Are you at risk?

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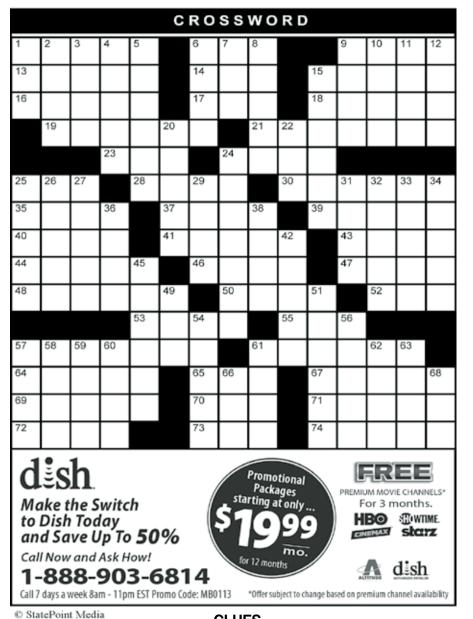
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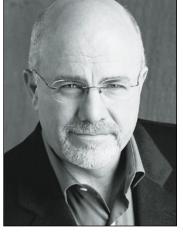
**2310 Watt Avenue** Inside the Country Club Plaza Shopping Center

### **STATEPOINT CROSSWORD • FINISH THE LYRICS**



#### ACROSS 1. Indian instrument in "Norwegian Wood" 6. Lab eggs 9. \*"I want my baby 13. \*Mack the 14. Type of test for women 15. Bridal veil fabric 16. Of sour taste 17. Pitcher's stat 18. Bone-chilling 19. \*"I'm the wonderer, yeah, the wonderer, I roam 21. \*"Lean on me... I'll help you 23. Hit the slopes 24. \*"I read the \_ today oh boy" 25. It makes a guitar louder 28. Small ornamental case 30. \*"Hey, I just met you... but here's my 35. Like beef with little fat 37. Aphrodite's son 39. Artillery burst 40. Doing nothing 41. Puzzle combining pictures and letters

ia	CLU	IES	
	43. Hula feast 44. Opinions from Barbara, Elisabeth and Joy 46. *" no mountain high enough" 47. Danson and Seth MacFarlane's stuffed animal	DOWN 1. Reggae precursor 2. Ancient Peruvian 3. Bleacher feature 4. Rounded hairdos 5. Chastise 6. Popular newspaper page	<ul> <li>36. Former Speaker of the House</li> <li>38. Phoenix' team</li> <li>42. Dictation taker</li> <li>45. Corpse's garb</li> <li>49. Asian capital</li> <li>51. *"I didn't shoot no</li> </ul>
	<ul> <li>48. Like a smell or taste of soil</li> <li>48. Like a smell or taste of soil</li> <li>50. *Now you're just some- body that I to know"</li> <li>52. *"I the bad moon rising"</li> <li>53. 500 sheets</li> <li>55. Surfer's turf</li> <li>57. *"Killing me softly with</li> <li>"</li> <li>61. *"I'm puttin' on my"</li> <li>"</li> <li>64. Bye to Edith Piaf</li> <li>65. Frigid</li> <li>67. Impulses</li> <li>69. Rubber boots</li> <li>70. And not</li> <li>71. High-pitched laugh sound</li> <li>72. Walk, as through mud</li> <li>73 Goo Dolls</li> </ul>	<ul> <li>7. Variable, abbr.</li> <li>8. Quickly or rapidly</li> <li>9. Dutch settler in South</li> <li>Africa</li> <li>10. Breezy</li> <li>11. The Muse of history</li> <li>12. Razor-sharp</li> <li>15. Sometimes denoted as a "v"</li> <li>20. Fertilizer ingredient</li> <li>22. Barley bristle</li> <li>24. Nb on Mendeleev's table</li> <li>25. ""I will survive I know I'll</li> <li>stay"</li> <li>26. The press</li> <li>27. A whiter shade of pale?</li> <li>29. Carbamide</li> <li>31. Scotch ingredient</li> <li>32. "Lady sings the"</li> </ul>	54. *"I'm sitting here, doing nothing but" 56. *"You and me and the devil makes" 57. Door fastener 58. "White Wedding" singer 59. Fodder holder 60. Start of something big? 61. Apprentice 62. Turkish honorific 63. Found in a caddie's pocket 66. Dove's sound 68. Part of tennis match
	74. Brewer's staple	<ul><li>33. Some do this with taxes</li><li>34. Awaken</li></ul>	See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on *Twitter at @DaveRamsey and on* the web at daveramsey.com.

#### A Model Opportunity Dear Dave.

My daughter is 14, and she

was recently offered a steady weekend modeling job. Do you

have any advice on how to handle the money she earns? - Cynthia

Dear Cynthia,

In terms of investing some of the money she'll make, a Roth IRA would be pretty cool. You would have to oversee it, of course, and you'd have to file a tax return, but starting something like this when she's 14 would help set her up for some serious money later.

I think the biggest thing, however, is to make sure you create lots of teachable moments for this young lady. There are three areas every child should learn about when it comes to finances: spending, saving and giving. If she's working and earning money, she should be able to spend a little and enjoy the fruits of her labors-within reason, of course.

Saving for the short term might include putting money aside for a car or even college. Long-term goals would include the Roth IRA, so she would have a head start on being able to retire with some dignity one day. Then you should always make



sure to give some. Whether it's tithing to your church or finding other good causes, giving helps others and it's good for the giver. When we give, it helps us realize that we're not the center of the universe. It also makes us a little more Christlike

This is a phenomenal opportunity for your daughter. It's also a great chance for you, as a parent, to involve her in the process and teach her important lessons that will last a lifetime!

#### - Dave

#### Trusting in the Family

Dear Dave,

When should a couple think about creating a family trust?

- Angie

Dear Angie

A family trust can take different shapes. Couples with young kids sometimes consider creating a trust in the event that they both die unexpectedly. In these situations, a family trust would be managed for the care of minor children.

Some people also create trusts for the purpose of avoiding estate taxes. These trusts aren't as common, because you don't have to worry about estate tax problems unless you have assets in excess of \$5 million, based on current law

But to be honest, Angie, I can't think of a situation where you'd want to create a family trust to manage money while you're alive. Unless, of course, it contains some kind of estate planning implications. - Dave

\*For more financial help, please visit daveramsey.com.







### **Business & Service Directory**



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Carmichael Times Page 7

#### Messenger

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#### Suduko Puzzle on Page 6

Suduko I uzzle Oli Page O								
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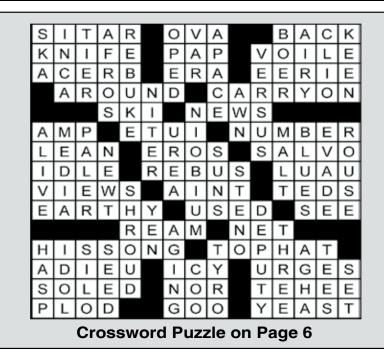
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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01873.	SUPERIOR COURT OF CALIFORNIA	2013. OPENDO 130303 4-10-13	Dawn Bertolani and Dean Smith, both of 5350 Dunlay Dr. #2712, are	business under the Fictitious Business Name "Affilliated Recordz" at 6002	doing business under the Fictitious Business Name "Validus Cleaning	Sacramento, CA 95841 is doing business under the Fictitious Business	Name "Sierra Robotics" at 6312 Date Palm Way, Carmichael, CA 95608.
Aimee Hendrie, 1661 La Playa	COUNTY OF SACRAMENTO	FICTITIOUS BUSINESS NAME	doing business under the Fictitious	Lincoln Ave., Carmichael, CA 95608.	Company" at 5604 Nona Way,	Name "All Phase Construction	Filed with the Clerk of Sacramento
Way, Sacramento, CA 95864 is doing business under the Fictitious	ORDER TO SHOW CAUSE CHANGE OF NAME	STATEMENT #FBNF2013-	Business Names "DS3 Sports and Entertainment; Sacramento	Filed with the Clerk of Sacramento County on March 22, 2013.	Sacramento, CA 95824. Filed with the Clerk of Sacramento	Accounting" at 5837 Pioneer Way, Sacramento, CA 95841. Filed	County on March 29, 2013. Publish: April 3, 10, 17, 24, 2013.
Business Name "Branching Out" at 1661 La Playa Way, Sacramento,	#34-2013-00139454 WHEREAS, Tazia Anadanae	02086. Anthony Sepahmansour, 11031 Woodring Dr., Mather, CA	Corporate Challenge <sup>®</sup> at 5350 Dunlay Dr. #3311, Sacramento, CA 95835.	Publish: March 27, April 3, 10, 17, 2013.	County on March 20, 2013. Publish: March 27, April 3, 10, 17,	with the Clerk of Sacramento County on March 25, 2013.	SIERRA 130401 4-24-13
CA 95864. Filed with the Clerk of	James has filed a petition with	95655 is doing business under the Fictitious Business Name	Filed with the Clerk of Sacramento	AFFILL 130304 4-17-13	2013.	Publish: April 3, 10, 17, 24, 2013.	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02474
Sacramento County on March 6, 2013. Publish: March 13, 20, 27, April 3,	this court for a decree changing name of Tazia Anadanae James	"Sepah Real Estate" at 11031	County on February 15, 2013. Publish: March 20, 27, April 3, 10,	FICTITIOUS BUSINESS NAME	VALIDU 130304 4-17-13	ALLPHA 130401 4-24-13	Basir Max Razai, 21 Cape Hatteras
2013.	to Tonio Alexander James. IT IS ORDERED that all persons	Woodring Dr., Mather, CA 95655. Filed with the Clerk of Sacramento	2013. DS3SPO 130303 4-10-13	STATEMENT #FBNF2013-02384. Nymeria Corporation, 4628 Creek	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01818	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02606	Place, Sacramento, CA 95835 is doing business under the
BRANCH 130302 4-3-13 FICTITIOUS BUSINESS NAME	interested in the above entitled	County on March 12, 2013. Publish: March 20, 27, April 3, 10,	FICTITIOUS BUSINESS NAME	Road, Sacramento, CA 95841 is doing business under the Fictitious	Pawel Pachniewski, 4200 Manzanita Ave. #49, Carmichael, CA 95608 is	Ying Xiu Huang, and Xio Ping Huang, both of 7921 Roseboro	Fictitious Business Name "Spring Car Sales" at 2309 Lexington St.
STATEMENT #FBNF2013-01753.	matter appear before this court at 9:00 a.m. on April 11, 2013 in	2013.	STATEMENT #FBNF2013-02157.	Business Names "Connected Living	doing business under the Fictitious	Circle, Sacramento, CA 95828 are	#A, Sacramento, CA 95815. Filed
DSP Equities, LLC, 10186 Canadeo Circle, Elk Grove, CA 95757 is	Department 54. located at 800 Ninth	SEPAHR 130303 4-10-13	Richard John Rocchetti, 8907 Fair Oaks Blvd. #E, Fair Oaks, CA	Specialists; ConnectedLiving" at 4628 Creek Road, Sacramento, CA 95841.	Business Name "Weekend Jelly" at 4200 Manzanita Ave. #49,	doing business under the Fictitious Business Name "Choice Nails	with the Clerk of Sacramento County on March 25, 2015.
doing business under the Fictitious Business Name "DSP Equities, LLC"	Street, Third Floor, Sacramento, CA 95814, and show cause, if	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02053.	95628 is doing business under	Filed with the Clerk of Sacramento County on March 22, 2013.	Carmichael, CA 95608. Filed	& Spa" at 2784 East Bidwell St.	Publish: April 3, 10, 17, 24, 2013.
at 10186 Canadeo Circle, Elk Grove,	any, why the petition for Change of Name should not be granted.	Jeremy Robert Sadler, 8425 Villaview Dr., Citrus Heights, CA 95621 is	the Fictitious Business Name "ArcFormz" at 8030 Sacramento	Publish: March 27, April 3, 10, 17,	with the Clerk of Sacramento County on March 5, 2013.	#600, Folsom, CA 95630. Filed with the Clerk of Sacramento	SPRING 130401 4-24-13 FICTITIOUS BUSINESS NAME
CA 95757. Filed with the Clerk of Sacramento County on March 4, 2013.	IT IS FURTHER ORDERED that	doing business under the Fictitious	Street, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento	2013. CONNEC 130304 4-17-13	Publish: March 27, April 3, 10, 17, 2013. WEEKEN 130304 4-17-13	County on March 27, 2013. Publish: April 3, 10, 17, 24, 2013.	STATEMENT #FBNF2013-02460
Publish: March 13, 20, 27, April 3,	a copy of this Order to Show Cause be published in the Carmichael	Business Name "Cannonball Pool and Spa Care" at 8425 Villaview	County on March 14, 2013.	FICTITIOUS BUSINESS NAME	FICTITIOUS BUSINESS NAME	CHOICE 130401 4-24-13	Sue Randazzo and John Randazzo, both of 8945 Royal Gate Way, Elk
2013. DSPEQU 130302 4-3-13	Times, a newspaper of general circulation, printed in Sacramento	Dr., Citrus Heights, CA 95621.	Publish: March 20, 27, April 3, 10, 2013.	STATEMENT #FBNF2013-01386.	Jennifer S. Bair Bachos, 614	FICTITIOUS BUSINESS NAME	Grove, CA 95624 are doing business
FICTITIOUS BUSINESS NAME	County, California, once a week for	Filed with the Clerk of Sacramento County on March 11, 2013.	ARCFOR 130303 4-10-13	Donald Edward Turner, 2512 Mission Ave., Carmichael, CA	Dudley Way, Sacramento, CA 95818 is doing business under	STATEMENT #FBNF2013-02435 Gary Pryde, 150 Lincoln Blvd.,	under the Fictitious Business Names "The Laundry Company; The
STATEMENT #FBNF2013-01272. Andrew Patton, 9452 Little Rapids	four consecutive weeks prior to the date set for hearing on the petition.	Publish: March 20, 27, April 3, 10, 2013.	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-	95608 is doing business under the Fictitious Business Name "Don	the Fictitious Business Name "J Bair's Skin Care" at 947 Enterprise	Lincoln, CA 95648 is doing business under the Fictitious Business Name	Laundry Company of Carmichael; Dazzoworld" at 6450 Fair Oaks
Way, Elk Grove, CA 95758 is	Dated: February 20, 2013	CANNON 130303 4-10-13	02191. Michael B. Knudsen,	Turner Enterprises" at 2512 Mission	Dr. #10, Sacramento, CA 95825.	"Hollywood Graphics & Signs" at 5522	Blvd., Carmichael, CA 95608.
doing business under the Fictitious Business Name "Premier Property	Raymond M. Cadei Judge of the Superior Court	FICTITIOUS BUSINESS NAME	12380 Overland Way, Wilton, CA 95693 is doing business under the	Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento	Filed with the Clerk of Sacramento County on March 22, 2013.	Auburn Blvd., Sacramento, CA 95841. Filed with the Clerk of Sacramento	Filed with the Clerk of Sacramento County on March 25, 2013.
Services" at 9452 Little Rapids	Publish: March 13, 20, 27, April 3, 2013.	STATEMENT #FBNF2013-01452. Jose Filadelfo Martinez Romero,	Fictitious Business Name "Knudsen & Associates" at 1127 1st Street	County on February 20, 2013. Publish: March 27, April 3, 10, 17,	Publish: March 27, April 3, 10, 17,	County on March 25, 2013. Publish: April 3, 10, 17, 24, 2013.	Publish: April 3, 10, 17, 24, 2013.
Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento	JAMES 130302 4-3-13	7729 Sweetbrier Way, Sacramento,	#550, Sacramento, CA 95814.	2013.	2013. JBAIRS 130304 4-17-13	HOLLYW 130401 4-24-13	THELAU 130401 4-24-13 FICTITIOUS BUSINESS NAME
County on February 15, 2013. Publish: March 13, 20, 27, April 3,	SUPERIOR COURT OF	CA 95832 is doing business under the Fictitious Business Name "Inter	Filed with the Clerk of Sacramento County on March 15, 2013.	DONTUR 130304 4-17-13	SUPERIOR COURT OF	FICTITIOUS BUSINESS NAME	STATEMENT #FBNF2013-02562
2013.	CALIFORNIA COUNTY OF SACRAMENTO	Landscaping And Gardens Services" at 7729 Sweetbrier Way, Sacramento,	Publish: March 20, 27, April 3, 10,	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02307	CALIFORNIA COUNTY OF SACRAMENTO	STATEMENT #FBNF2013-02652 Isaiah Nathaniel Mayfield, 2868	Cayetano Alberto Valdez, 5657 Laurine Way, Sacramento, CA 95824
PREMIE 130302 4-3-13	ORDER TO SHOW CAUSE CHANGE OF NAME	CA 95832. Filed with the Clerk of	2013. KNUDSE 130303 4-10-13	lldefonso M. Resuello, 2736	SUMMONS	Westwood Lane #2, Carmichael,	is doing business under the Fictitious
FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01769.	#34-2013-00140032	Sacramento County on Feb. 21, 2013. Publish: March 20, 27, April 3, 10,	SUPERIOR COURT OF	Bridgeford Drive, Sacramento, CA 95833 is doing business under	CASE #mcv0056742 NOTICE TO DEFENDANT:	CA 95608 is doing business under the Fictitious Business Name	Business Name "Valdez Recycling" at 9797 Dillard Road, Wilton, CA 95693.
Vicki R. Greene, 2011 Robin Road, Fair Oaks. CA 95628 is doing	WHEREAS, Kyle Kristopher Edwards has filed a petition	2013. INTERL 130303 4-10-13	CALIFORNIA COUNTY OF SACRAMENTO	the Fictitious Business Name "GZStudio" at 2936 Bridgeford	Timothy McDonald: YOU ARE BEING SUED BY	"Ironlyfe" at 2868 Westwood Lane #2. Carmichael. CA 95608. Filed	Filed with the Clerk of Sacramento County on March 27, 2013.
business under the Fictitious Business	with this court for a decree	FICTITIOUS BUSINESS NAME	ORDER TO SHOW CAUSE	Drive, Sacramento, CA 95833.	PLAINTIFF: Dudugjian & Maxey,	with the Clerk of Sacramento	Publish: April 3, 10, 17, 24, 2013.
Name "Save Them All Horse Rescue" at 7011 Robin Road, Fair Oaks,	changing name of Kyle Kristopher Edwards to Kyleie Love Edwards.	STATEMENT #FBNF2013-01457.	CHANGE OF NAME #34-2013-00139978	Filed with the Clerk of Sacramento County on March 19, 2013.	A Law Corporation. You have 30 Calendar Days after	County on March 29, 2013. Publish: April 3, 10, 17, 24, 2013.	VALDEZ 130401 4-24-13
CA 95628. Filed with the Clerk of Sacramento County on March 4, 2013.	IT IS ORDERED that all persons interested in the above entitled	Stan T. Chan and Janet Owyang Chan, both of 8907 Haflinger Way, Elk	WHEREAS, Timothy W. Rodgers has filed a petition with this court for	Publish: March 27, April 3, 10, 17, 2013.	this Summons and legal papers are served on you to file a typewritten	IRONYL 130401 4-24-13	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02647
Publish: March 13, 20, 27, April 3,	matter appear before this court	Grove, CA 95757 are doing business under the Fictitious Business Name	a decree changing name of Timothy	GZSTUD 130304 4-17-13	response at this court and have a	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02663	Singers Ventures LLC, 5348 Vegas Drive, Las Vegas, NV
2013. SAVETH 130302 4-3-13	at 9:00 a.m. on April 24, 2013 in Department 54, located at 800 Ninth	"Kim Hei" at 8760 La Riviera Dr.	W. Rodgers to Timothy W. O'Bryan. IT IS ORDERED that all persons	FICTITIOUS BUSINESS NAME	copy served on the petitioner. A letter or phone call will not protect	John Martin, 2423 "Q" St. #1,	89108 is doing business under the
FICTITIOUS BUSINESS NAME	Street, Third Floor, Sacramento, CA 95814, and show cause, if	#B, Sacramento, CA 95826. Filed with the Clerk of Sacramento	interested in the above entitled	STATEMENT #FBNF2013-02335 Heather Nicole Coombes, 6192	you. Your written response must be	Sacramento, CA 95816 is doing business under the Fictitious	Fictitious Business Name "Mellas Flooring" at 1840 Avondale Ave.
STATEMENT #FBNF2013-01518.	any, why the petition for Change	County on February 21, 2013.	matter appear before this court at 2:00 p.m. on April 19, 2013 in	Riverside Blvd. #C-48, Sacramento,	in proper legal form if you want the court to hear your case. There may	Business Names "New Lyfe	#1, Sacramento, CA 95825. Filed
Jonathan Wheeler, 2900 Muir Way, Sacramento, CA 95818 is doing	of Name should not be granted. IT IS FURTHER ORDERED that a	Publish: March 20, 27, April 3, 10, 2013.	Department 53, located at 720 Ninth Street, Room 102, Sacramento,	CA 95831 is doing business under the Fictitious Business Names "Heather's	be a court form that you can use for your response. You can find these	Health; My New Lyfe" at 1931 "H" St., Sacramento, CA 95811.	with the Clerk of Sacramento County on March 25, 2013.
business under the Fictitious Business Name "River Oaks Bistro" at 8350	copy of this Order to Show Cause be published in the Carmichael Times,	KIMHEI 130303 4-10-13	CA 95814, and show cause, if	Cupcake Corner; Heather's Cupcakes" at 6192 Riverside Blvd.	court forms and more information at	Filed with the Clerk of Sacramento County on March 29, 2013.	Publish: April 3, 10, 17, 24, 2013. MELLAS 130401 4-24-13
Lotz Parkway, Elk Grove, CA 95757.	a newspaper of general circulation,	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01507.	any, why the petition for Change of Name should not be granted.	#C-48, Sacramento, CA 95831.	the California Courts Online Self-Help Center (www.courtinfo.ca.gov/	Publish: April 3, 10, 17, 24, 2013.	SUPERIOR COURT OF
Filed with the Clerk of Sacramento County on February 22, 2013.	printed in Sacramento County, California, once a week for four	Nicole Delura and Christopher Limpin,	IT IS FURTHER ORDERED that a copy of this Order to Show Cause	Filed with the Clerk of Sacramento County on March 20, 2013.	selfhelp.org), your county law library, or the courthouse nearest you. If you	NEWLYF 130401 4-24-13	CALIFORNIA
Publish: March 13, 20, 27, April 3, 2013.	consecutive weeks prior to the date set for hearing on the March 6, 2013	both of 10341 Beckley Way, are doing business under the Fictitious Business	be published in the Carmichael	Publish: March 27, April 3, 10, 17, 2013.	cannot pay the filing fee, ask the	FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02055	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE
RIVERO 130302 4-3-13	Raymond M. Čadei	Name "Luxury Detail" at 2551 Trade Wind Ave., Sacramento, CA 95825.	Times, a newspaper of general circulation, printed in Sacramento	HEATHE 130304 4-17-13	court clerk for a fee waiver form. If you do not file your Response	Christopher Modica, 4800 Marconi Ave. #171, Carmichael, CA 95608	CHANGE OF NAME #34-2013-00140982
FICTITIOUS BUSINESS NAME	Judge of the Superior Court Publish: March 13, 20, 27, April 3,	Filed with the Clerk of Sacramento	County, California, once a week for four consecutive weeks prior to the	FICTITIOUS BUSINESS NAME	on time, you may lose the case by default, and your wages, money	is doing business under the Fictitious	WHEREAS, Ayla Lee Smith
STATEMENT #FBNF2013-00937. Russell L. Cornett, 7116 Delhaven	2013.	County on February 22, 2013. Publish: March 20, 27, April 3, 10,	date set for hearing on the petition.	STATEMENT #FBNF2013-02252 CSB Financial, LLC, 8359 Elk Grove-	and property may be taken without	Business Name "Once Upon a Video Game" at 4800 Marconi	has filed a petition with this court for a decree changing name of
Way, North Highlands, CA 95660 is doing business under the Fictitious	EDWAR 130302 4-3-13 SUPERIOR COURT OF	2013. LUXURY 130303 4-10-13	Dated: March 6, 2013 David I. Brown	Florin Road #103-129, Sacramento, CA 95829 is doing business	further warning from the court. There are other legal	Ave. #171, Carmichael, CA 95608. Filed with the Clerk of Sacramento	Ayla Lee Smith to Ayla Lux Hale. IT IS ORDERED that all
Business Name "Sacramento	CALIFORNIA	FICTITIOUS BUSINESS NAME	Judge of the Superior Court Publish: March 20, 27, April 3, 10,	under the Fictitious Business	requirements. You may want to call	County on March 11, 2013.	persons interested in the above
Mufflers & Fabrications" at 6735 32nd St. #A, North Highlands, CA 95660.	COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE	STATEMENT #FBNF2013-02150.	2013.	Names "Morum Technologies; MorTech" at 8220-B Belvedere	an attorney right away. If you do not know an attorney, you may want to	Publish: April 3, 10, 17, 24, 2013. ONCEUP 130401 4-24-13	entitled matter appear before this court at 9:00 a.m. on May 13,
Filed with the Clerk of Sacramento	CHANGE OF NAME	Sergey I. Struk, 8400 Twin Trails Dr., Antelope, CA 95843 is doing business	OBRYAN 130303 4-10-13	Ave., Sacramento, CA 95826. Filed with the Clerk of Sacramento	call an attorney referral service. If you cannot afford an attorney, you may be	FICTITIOUS BUSINESS NAME	2013 in Third Floor, Sacramento, CA 95814, and show cause, if
County on February 4, 2013. Publish: March 13, 20, 27, April 3,	#34-2013-00140003 WHEREAS, Paul anthony Gunn	under the Fictitious Business Name	SUPERIOR COURT OF CALIFORNIA	County on March 18, 2013.	eligible for free legal services from a	STATEMENT #FBNF2013-01735	any, why the petition for Change
2013. SACMUF 130302 4-3-13	has filed a petition with this court for a decree changing name of Paul	"Deluxe Design: at 7291 32nd St. #4, North Highlands, CA 95660.	COUNTY OF SACRAMENTO	Publish: March 27, April 3, 10, 17, 2013.	nonprofit legal services program. You can locate these nonprofit groups at	James Grimaud, 7839 Mountain Ave., Orangevale, CA 95662 is	of Name should not be granted. IT IS FURTHER ORDERED that
FICTITIOUS BUSINESS NAME	AnthonyGunntoHeatherNicoleGunn.	Filed with the Clerk of Sacramento County on March 14, 2013.	ORDER TO SHOW CAUSE CHANGE OF NAME	MORUMT 130304 4-17-13	the California Legal Services Web	doing business under the Fictitious Business Name "SACTOWN Tees"	a copy of this Order to Show Cause
STATEMENT #FBNF2013-01827.	IT IS ORDERED that all persons interested in the above entitled	Publish: March 20, 27, April 3, 10,	#34-2013-00140390	FICTITIOUS BUSINESS NAME	site (www.lawhelpcalifornia.org), the California Courts Online Self-Help	at 7839 Mountain Ave., Orangevale,	be published in the Carmichael Times, a newspaper of general
Lucy Shen, 1890 Donner Road, West	matter appear before this court	2013. DELLIXE 130303 4-10-13	WHEREAS, Mario Mohsen Sabry Hanna has filed a petition	STATEMENT #FBNF2013-02420 Cecilia Gutierrez Farias 7508 South	Center (www.courtinfo.ca.gov/	CA 95662. Filed with the Clerk of Sacramento County on March 4 2013	circulation, printed in Sacramento

at 2:00 p.m. on April 23, 2013 in business under the Fictitious Business Department 53, located at 720 Ninth Name "Golden Valley Realty" at 1890 Street, Room 102, Sacramento, Donner Road, West Sacramento CA 95814, and show cause, if CA 95691 Filed with the Clerk of any, why the petition for Change Sacramento County on March 6, 2013. of Name should not be granted. Publish: March 13, 20, 27, April 3, IT IS FURTHER ORDERED that a copy of this Order to Show Cause

GOLDEN 130302 4-3-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01720 Hue K. Dang, 9324 Willow Pond Circle, Elk Grove, CA is doing business under the Fictitious Business Name "Boba Tea House" at 8139 Flk Grove Blvd., Elk Grove, CA 95758. Filed with the Clerk of Sa

2013

Dated: March 6, 2013 David I. Brown Judge of the Superior Court Publish: March 13, 20, 27, April 3, 2013. GUNN 130302 4-3-13 COMMONWEALTH OF PENNSYLVANIA DEPARTMENT OF STATE On August 7, 2012. the PA State Board of Vehicle Manufacturers, Salespersons Dealers and revoked Family Motorsports. Inc., Pennsylvania license no. VD028060, of Carmichael, California, formerly of Pittsburgh, Allegheny County because it sold new vehicles for which it did not hold a franchise agreement in writing with the manufacturer and conducted business at a location other than that authorized by its license. Publish: April 3, 2013. PENSTA 130401 4-3-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01832. John Royball, 9278 Calamus Court. Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Open Door Realty Group" at 9278 Calamus Court, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on March 5, 2013. Publish: March 20, 27, April 3, 10,

four consecutive weeks prior to the date set for hearing on the petition. 2013 130303 ANTHON 4-10-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNE2013-02058 Kirsten David, 7537 Kreth Road, Fair Oaks, CA 95628 and Leslie Harris 2101 Campton Circle, Gold River, CA 95670 are doing business under the Fictitious Business Name "Blooming Love Floral Design" at 7537 Kreth Road, Fair Oaks, CA 95628, Filed with the Clerk of Sacramento County on March 11, 2013. Publish: March 20, 27, April 3, 10, 2013. BLOOM 130303 4-10-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01708. Bertin A. Sabillon, 8590 Montpelier Way, Sacramento, CA 95823 is doing business under the Fictitious Business Name "GreenCali Janitorial Services" at 8590 Montpelier Sacramento, CA 95823. Way, Filed with the Clerk of Sacramento on March County 1, 2013. Publish: March 20, 27, April 3, 10, 2013 GREENC 130303 4-10-13 FICTITIOUS BUSINESS NAME STATEMENT #EBNE2013-01260 Desiree Bertolani, 5350 Dunlay Dr. #3311, Sacramento, CA 95835; and

STATEMENT #FBNF2013-01366. Anthony David Paglialunga and Davina Diane Paglialunga, both of 7340 Del Prado Court, Sacramento, CA 95828 are doing business under the Fictitious Business Name be published in the Carmichael "Anthony's Carpet Care" at 7340 Del Times, a newspaper of general circulation, printed in Sacramento Prado Court, Sacramento, CA 95828. Filed with the Clerk of Sacramento County, California, once a week for County on February 19, 2013. Publish: March 20, 27, April 3, 10, four consecutive weeks prior to the date set for hearing on the petition. Dated: March 13, 2013 Raymond M. Cadei Judge of the Superior Court Publish: March 20, 27, April 3, 10, AMOND A. Mitchell, 5809 Diablo Dr., North Highlands, CA 95660 are doing

with this court for a decree changing FICTITIOUS BUSINESS NAME name of Mario Mohsen Sabry Hanna to Kebb Seff Amond. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in Department 54, located at 800 9th Street. Third Floor. Sacramento. CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in County, California, once a week for

Land Park Dr., Sacramento, CA 95831 is doing business under the Fictitious Business Name "Paloma Farias" at 7508 South Land Park Drive, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on March 22, 2013. Publish: March 27, April 3, 10, 17, 2013. PALOMA 130304 4-17-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02311 Nicole Kern, 3721 William Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Plug Club" at 3721 William Way, Sacramento, CA 95821. Filed with the Clerk of Sacramento on March 19, 2013. County Publish: March 27, April 3, 10, 17, 2013. PLUGCL 130304 4-17-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-02301 4-10-13 Doom Investments LLC, 4986 Hillridge Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Predator Paintball" at 4626 Watt Ave., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on March 19, 2013. Publish: March 27, April 3, 10, 17, 2013 PREDAT 130304 4-17-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-1802 Sacramento Bartenders Guild, 218 25th Street, Sacramento, CA 95816 is doing business under the Fictitious Business Name "USBG Sacramento" at 218 25th Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on March 5, 2013. Publish: March 27, April 3, 10, 17, 2013. USBGS 130304 4-17-13

local court or county bar association. The name and address of the court is: Superior Court of California, County of Placer, 10820 Justice Center Dr., Roseville, CA 95661 The name, address, and

telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Edward A. Smith (#139950), Dudugjian & Maxey, A Law Corporation, 13 Sierragate Plaza, Roseville, CA 95678; (916) 786-7272. Dated: November 20, 2012. Publish: March 27, April 3, 10, 17,

130304 4-17-13

o Show Cause e Carmichae er of general n Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 27, 2013

Raymond M. Cadei Judge of the Superior Court Publish: April 3, 10, 17, 24, 2013. HAI F 130401 4-24-13

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County on Publish: Marc 2013.	March 1	, 2013.
BOBATE	130302	4-3-13
FICTITIOUS STATEMENT Michael E. Be	#FBNF201	13-01803.
Ave., Orange	evale, CA 9	95662 is

Business Name "Tools Will Travel" at 6123 Chestnut Ave., Orangevale. CA 95662. Filed with the Clerk of Sacramento County on March 5, 2013. Publish: March 13, 20, 27, April 3, 2013. TOOLSW 130302 4-3-13 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2013-01902. Kelly A. Holden, 9104 High Oak Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Two Rivers Business Name "Two Rivers Publishing Company" at 9104 High Oak Court, Fair Oaks, CA 95628, Filed with the Clerk of Sacramento County on March 6, 2013. Publish: March 13, 20, 27, April 3, 2013. TWORIV 130302 4-3-13

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: MOHAMMED LAMIS MAADARANI is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 7336 FAIR OAKS BLVD., CARMICHAEL, CA 95608 with 41 - On-Sale Beer And Wine - Eating Place license. Filed: February 21, 2013. Publish: March 27, April 3, 10, 2013. MAADAR 130304 4-10-13 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-0226. Shane C. Brady, 6002 Lincoln Ave, Carmichael, CA 95608; and Jordan

130303

Publish: April 3, 10, 17, 24, 2013.

FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2013-02222

Chelle Johnson-Blair, 1248 Andalusia

Dr., is doing business under the

Fictitious Business Name "Senior

Boomers Helping Boomers" at 1248

Andalusia Dr., Sacramento, CA95833.

Filed with the Clerk of Sacramento

County on March 15, 2013.

130401

Publish: April 3, 10, 17, 24, 2013.

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Are you losing your car keys a little too often these days? Are you having memory lapses more frequently? I know we worry about things like Alzheimer's disease, which is getting to folks younger and younger. What we need to do is get that brain working to its maximum capacity, and I've got the perfect person to do just that. I recently had Dr Neal Barnard on my POPPOFF Radio Show, and he said getting that brain working will get you what you want in "Power Foods" For The Brain. Dr. Barnard is President of the Physician's Committee for Responsible Medicine in Washington, D.C. and one of America's most well-respected nutrition authorities.

In recent years, researchers have found that "bad fats"—saturated fat and Trans fats—greatly increase the risk of developing this dreaded disease, while foods rich in vitamin E reduce the risk by as much as 70%. Other research teams have shown that foods that are overly rich in iron or copper can promote cognitive loss. Even the cookware we use can affect our brain along with supplements and physical exercise.

So let's start with some of the **Brain Threats** that we should be aware of.

1) Saturated Fats, found in meats, dairy products, and eggs, appear to encourage the production of beta-amyloid plaques within the brain. The Chicago Health and Aging Study reported that people consuming the most

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saturated fat had more that triple the risk of developing Alzheimer's disease.

2) Trans Fats found in doughnuts and snack pastries, have been shown to increase Alzheimer's risk more than five fold. These "bad fats" raise cholesterol levels and apparently increase production of the protein that collects in plaques in the brain.

3) Excess Iron. While we need iron to make hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

4) Excess Copper. The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in midadulthood—and ends up in the plaques of Alzheimer's disease. It comes from copper pipes and nutritional supplements.

5) Aluminum. Aluminum's role in the brain remains controversial. However, because it has been found in the brain of Alzheimer's patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

Now let's get to the **Brain-Protecting Foods** for getting that brain going.

1) Nuts and Seeds are rich in vitamin E. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, and flaxseed. Just one ounce a day is plenty.

2) Blueberries and Grapes get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

*3) Sweet Potatoes* are the dietary staple of Okinawans, the longest-lived people on Earth who

are also known for maintaining mental clarity into old age. They are rich in beta-carotene, a powerful antioxidant.

4) Green Leafy Vegetables provide iron in a form more absorbable when the body needs more and less absorbable when you have plenty. So it protects you from brain overload which can harm the brain. Green veggies are also loaded with folate, an important brain-protecting B-vitamin.

5) *Beans and Chickpeas* have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or Tran's fat.

6) Vitamin B-12 is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, in supplements, they are highly absorbable. Together, folate, vitamin B6 and vitamin B12 eliminate homocystein, which can build up in the bloodstream—rather like a factory waste and damage the brain.

So there you have a brief glimpse into the world of the brain. In "Power Foods" For the Brain, you will discover a threestep program for brain health which includes putting power foods to work by shielding yourself from toxic metals, avoiding harmful fats and cholesterol, and building your vitamin shield. Add strengthening your brain through mental exercises that build your cognitive reserve, and physical exercises that protect your brain, and defeating memory threats by building memory power as you sleep, and finally, by identifying medicines and health conditions that impact memory. Got recipes too. It all begins with your desire to get started! If you need more info, go to Dr. Barnard's website at www.PCRM.org. Don't forget!!!

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By Karen Anderson

Zip! Zing! ZOWIE!...What a feeling! I want to enjoy this super high for the rest of my life. Many of us have been on the roller coaster rides and you walk up to the ride, a little scared, a little excited, and even a little intimated by this huge monster looming before you. You sit in the seat and they strap you in for your safety. I've often wondered what would happen if they didn't strap you in? Hmm! I wonder, sometimes, don't you? I guess you had better be holding on for dear life, right? Now it begins. The roller coaster starts, and your heart is racing as you climb that first mountain of track. At the same time, you are trying to anticipate what the thrill will be like. You are sent hurtling down the other side and then whoosh around this corner, and fly around the next turn. Then there is that slight rest as you start to climb again...this is the time to take a breath before it starts all over again. At the end, you step out cautiously from the ride and steady yourself before you walk down the stairs and back to reality.

I experienced something like the *roller coaster* just recently.

### The Spiritual High

There is an event coming up in gone in an instant. It was almost March next year that I am very involved with. My experience in the past has been when events are planned, it is a long and difficult road with many twists and turns. Finally, shaking, the event starts. The feelings and thoughts come: "Did I make the right decision coming here? Did I do everything I could to make this work out right? What if the women don't like what I put together? Why am I even doing this?" Do you see a pattern in the questions? It is all centered around me, and what I wanted to do. How utterly ridiculous that is. In all the planning, I left out the most important element of the event...GOD.

In the planning this time, what makes the difference is that it is His event. God has given me a much needed mind-shift. What a difference! I have not forgotten who should be at the center of it all. Do you know who that is? It is God! He is the Master of it all. I know the enemy is hard at work trying to stop this event from being successful. I was having that old self-centered feeling of doing it my way, and it just wasn't working. I was allowing others to try to tell me what to do and how to plan it. As a result of that doubt, fear and whatever else you want to call it came rushing back in and I was fearful and depressed. I was at the lowest part of my ongoing roller coaster ride. This time I reached out to God and He answered in a mighty way. Through just one phone call, all my fears and depression was

beyond belief that God fixed everything with one call and the enemy went crawling away in defeat. Praise God for once again coming to my rescue. The spiritual high was almost overwhelming. Then I knew, without a doubt, that this event will be a huge success because it is God's and not mine. The realization hit me; once again, I am His instrument to do what He wants. In my weakness, He is strong.

Through this experience, God has shown me that He needs to be in everything that I do, think, and say. Through my uncertainty and weakness He is always there to guide and direct my path. His Word says, "Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, and keep a firm grip on you." Do you want that spiritual high? Or do you want to constantly be riding that roller coaster with its ups and downs? If not, it is time to reach out and take ahold of the hands of God. He is waiting for you.

#### PASSAGE: Isaiah 40:10 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www. renewingyourspiritretreat.com active by April 15th. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen www.doablesteps.com/contact.



### May Library Book Sale **Over 7,500 Books for Great Summer Reading!**

SACRAMENTO REGION, CA - (MPG) The next Friends of Arden-Dimick Library book sale is scheduled for Friday, May 3 from 1:00 p.m. to 6:00 p.m. and Saturday, May 4, from 10:00 a.m. to 3:00 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Avenue. Funds from this sale will be

used for local library programs. A beautiful new on-site storage unit provides additional room to store and ultimately sell even more donated books! More than 7,500 books, including a wonderful collection of children's books, will be offered at incredibly low prices; from 50¢ up to \$1.50. This will be an excellent, affordable opportunity

for adults and children to stock up on summer reading materials.

The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books.

### **Local Meeting Notices**

#### **Organic Gardening**

April 5, 2013 - the Organic Gardening Club of Sacramento County meets at Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, 10 a.m. This week, we will leave at 10:30 a.m. on a tour to Rudolph Steiner College Gardens, hosted by Mr. Harold Hoven. Call 916-635-6724 for information.

#### Society of Military Widows

April 6, 2013 - The Society of Military Widows, Sacramento Chapter #5; meets at Lions Gate, McClellan Park at 11:30 a.m. Reservations are required for lunch; please RSVP. Luncheon will be followed by speaker John Holloway on "Packing Light for Easy Travel". Call 916-635-6724 for information.

California Citizens for Health Freedom April 11, 2013 - a free lecture, "Death Begins in the Colon" presented by Michael J. Kwiker, D.O. The meeting is at the SMUD Auditorium (the old SMUD building), 6201 S Street, Sacramento, from 7 - 9 p.m. Call 916-635-6724 for information.



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Forgotten Warrior is a 501 (c) 3 nonprofit organization committed to helping all veterans in need. Now that we are growing so fast we are in needed of your help to help, in office functions, such as promotional and public relation work, advocate to work with the homeless and disabled veterans. We need people that can do community fund raising events, and we really need of a Grant writer.

Call Wind at 916-969-4387 or office manager Monica at 916-728-8162 or email us at windwalker1313@gmail.com.

#### Forgottenwarrior.org



### **SACRAMENTO FINE ARTS CENTER, INC.** Contributing to the cultural life of the Sacramento community

**Current and Upcoming Events** 

#### *"Awash With Color", WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show.* April 2-20, 2013. Juried by Patricia Osborne. "Awash With Color" will be a display of members watercolor paintings.

Over 100 watercolors are expected to be displayed. Special 2nd Saturday Reception

with live music, April 13, 2013, 5:30-8:30 pm.

"Poppy Glow", by Maria Porter, Best of Show 2012 "Awash With Color

#### Painting Where The Wild Things Are

On Saturday, June 8th, 2013, the American River Natural History Association (ARNHA), will join with The Sacramento Fine Arts Center to present the fourth annual **Painting Where the Wild Things Are**, an art show, auction and gala celebrating interpretations of local nature subjects. This event brings together art patrons, philanthropists, artists and nature-lovers for what has become the most important fundraiser of the year for the Effie Yeaw Nature Center, a non-profit education and visitor center operated as a community service by ARNHA. The artwork accepted for **Painting Where the Wild Things Are** will be on exhibit at the Sacramento Fine Arts Center in Carmichael from May 7 - 25, 2013. 2nd Saturday Reception & Awards May 11th, 5:30–8:30pm (awards at 6:30pm).For information on the Art Show contact David Peterson at aquacolorist@yahoo.com

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# Eliminating the Deficit, Progressive Style

*Commentary by* Dr. R.B.A. Di Muccio Reprinted by permission

A wise man once told me that when any tax-levying entity operates at a deficit, the possible causes number precisely two. Either it is taxing too little for how much it wants to spend, or it is spending too much for how much it wants to tax. It has either a revenue problem or a spending problem.

The problem for Republicans is that George W. Bush presided over massive increases in spending and the conversion of a budget surplus to a large deficit. According to Office of Management and Budget data, federal revenue in 2000 totaled just under \$2 trillion, while spending was about \$1.8 trillion-a \$200 billion surplus. By 2008, we had a deficit of \$500 billion because spending had increased 67 percent (to 18 percent of GDP) while revenue increased only 25 percent over Bush's eight years.

By 2012, Barack Obama's deficit settled in at about \$1.3 trillion, a 160 percent increase over 2008. OMB estimates for 2012 show that while annual revenue increased

about 17 percent since Obama took office, annual spending increased 27 percent (to 24 percent of GDP).

So, is that a revenue problem or a spending problem? Well, if you ask Democrat leaders and pundits, it's definitely not the spending. Congresswoman Nancy Pelosi doesn't believe we have a spending problem, nor does Senator Tom Harkin-to provide just two recent examples. As for pundits, count The Daily Kos, Mother Jones, and Paul Krugman amongst the "spending problem deniers."

Democrats seem pretty convinced of this. So, here's an idea: What if we just agreed that we have a revenue problem and tried to erase the deficit with new taxes alone?

What, then, would a \$1.1 trillion (the 85 percent share of the deficit made up by individual income taxes) "revenue" increase look like? We could try to eliminate the deficit "by getting millionaires and billionaires to pay a little bit more." There are approximately 250,000 households (less than 0.5 percent of all households) in America with annual income over \$1 million. Asking them to eliminate the deficit alone



What's the point of all of this? Eliminating the deficit with taxes alone?

would add \$4.4 million in new annual taxes per household.

Well, it might not be practical to ask tens of thousands of Americans to pay an amount that is quadruple their total income. But if we expand the definition of "millionaires and billionaires" to households with incomes over \$200.000we now have 4.2 percent of households to work with. If we reduce the incremental burden on millionaires to only \$500,000 per household, the additional per household tax bill on those making more than \$200,000 goes up to, well, just

over \$200,000.

Since our tax code is among the most progressive in the world, we could try to share the \$1.1 trillion equally among income brackets. This would add only about \$9,600 in new taxes for every householdincluding those in the lower two brackets (which together make up 47 percent of all households), whose federal income taxes would go from 0 percent (or even below 0 percent) to at least 20 percent and in most cases much higher.

What's the point of all of this? The first point is that there

is, in fact, no feasible scenario wherein you can eliminate a \$1 trillion-plus deficit with taxes alone. Democrats understand that you can't confiscate all or most of the income of the wealthy and have no intention of asking the lower 47 percent of households to begin paying federal income tax. And even if vou increased the corporate federal tax share from 15 percent of the total to, say, 20 percent (a 33 percent increase), individual households still would have to plug a \$1-trillion deficit with new taxes (instead of \$1.1 trillion).

The more fundamental point is that progressives' rhetoric on this topic is cynical and dishonest. Their reactions to the "sequestration" in early 2013 tell the truth of the matter. Best estimates on the proposed "cuts" show they could amount to about 2 percent of the total budget, barely a drop in the bucket. And the reality is that overall federal spending will still increase over last year, and in every category except maybe defense. But even this is being mercilessly demagogued by Democrats, proving that no actual spending cuts are

acceptable to them. Of course,

economic growth would help. But even Obama's first chief economic adviser understands that huge tax increases cause economic contraction, not growth.

So, if you're not willing to reduce spending and you recognize that there's no way to eliminate the deficit through tax increases alone, you are left in an endless loop that points inexorably to one conclusion: you don't actually care one iota about the deficit, or the resulting debt, or the economic crash that is sure to result from this whole absurd mess.

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